

A Support Group Pilot!

All kinship caregivers and unpaid family caregivers caring for people of all ages are welcome!

**Caregivers can learn a lot from other caregivers.
A great place to meet fellow caregivers is in a support group.**

Topics: 6pm to 7pm

March 4, 2021

Self-Care: Caregiver Health and Respite

April 1, 2021

Caregiver Burnout: Managing Personal Stress

May 6, 2021

Family Caregiver Communications: Constructive Communication

June 3, 2021

Social Isolation: Finding Joyful Moments in Caregiving

You do not need to participate in all session – just come and enjoy.

How to register for the support groups?

- ♦ The 4 sessions, one per month, each have their own topic March through June.
- ♦ We will use the Hey Peers website <https://www.heypeers.com/>
 1. **You will be asked to create an account.**
 2. **After you create an account, you will login and register for each of the 4 sessions listed below.**

What?

- ♦ This pilot is asking 25 caregivers to attend once a month for a total of four months. What is learned from all who participate will help with creating future support groups for family caregivers.
- ♦ Caregivers can remain anonymous during the support group sessions. Attendees won't be asked to speak or turn their video camera on. It is totally up to the attendee if they wish to actively participate.

Why a Pilot?

- ♦ Unpaid family caregiver attendance and opinions are important and will help create future support groups for family caregivers!
- ♦ We will ask attendees to answer a few questions to help us better understand caregiver support needs and opinions. The survey is optional and highly encouraged.

Questions contact:

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Scroll down for more details.

We are grateful to the [WA Traumatic Brain Injury Council](#) for sponsoring and funding this opportunity!

Session One – Self-Care *Caregiver Health and Respite*

Thursday, March 4, 2021

6:00-7:00 PM

To Register: [CLICK THIS](#)

[LINK](#)

The March session will focus on the importance of emotional and physical well-being of unpaid family caregivers. Individuals that serve as family caregivers have little time for preventive healthcare and self-care behaviors. Through discussion and personal reflective support, the group will explore specific strategies to improve self-compassion and discuss the importance of self-care for the betterment of themselves and those under their care.

Session Two – Caregiver Burnout *Managing Personal Stress*

April 1, 2021

6:00-7:00 PM

To Register: [CLICK THIS](#)

[LINK](#)

In April, we will focus on stress management for unpaid family caregivers. Unmanaged stress can lead to significant mental, emotional, and physical issues for caregivers. This session will explore recognizing early warning signs like identifying sources of stress and implementing changes to reduce personal stress and caregiver burnout. There will be opportunities for discussion, emotional support, and personal reflection.

Session Three – Family Caregiver Communications *Constructive Communication*

May 6, 2021

6:00-7:00 PM

To Register: [CLICK THIS](#)

[LINK](#)

The May session will focus on the importance of communication for unpaid family caregivers. Often, we all struggle with asking for help and support. The ability to communicate needs and wishes is vital for the well-being of family caregivers and those under their care. This session will explore constructive communication guidelines, such as the utilization of "I" Statements, Active Listening, and Assertive Emotional Communication. There will be opportunities for discussion, emotional support, and personal reflection.

Session Four – Social Isolation *Finding Joyful Moments in Caregiving*

June 3, 2021

6:00-7:00 PM

To Register: ** NOT LISTED****

[YET](#)**

The June session will focus on the importance of creating joy through participating in activities with those we care for. During this time of social isolation, family caregivers have struggled with the lack of meaningful activities while at home. We will discuss ways we can have some fun with very little preparation time or cost. Some ideas we will talk about include stick figure story-telling, armchair travel, neighborhood scavenger hunts, mindful meditation and more. There will be opportunities for discussion, emotional support, and personal reflection.

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